

Bulgur and Lentil Salad with Chickpeas and Lemon

Submitted by Melissa Scher

INGREDIENTS

½ cup lentils
1 bay leaf
1 carrot, diced into small pieces
½ cup fine or medium bulgur
1 glove of garlic, finely minced
3 tablespoons of lemon juice
1/3 cup olive oil
8 scallions, thinly sliced
1 ½ cup chickpeas
½ cup parsley, finely chopped
1 tablespoon tarragon, chopped
2 celery stalks, diced
Salt and pepper

INSTRUCTIONS

1. Soak lentils in water for 30 to 60 minutes. Drain and put in small saucepan and cover with water by at least two inches. Add bay leaf, carrot, and a half teaspoon of salt. Bring to a boil. Reduce heat to medium-low and simmer until tender-firm (about 25 minutes). Drain if needed.
2. Meanwhile, add bulgur to a small bowl. Add two cups of water and let stand until the liquid is absorbed and grains are tender (about 30 minutes). Drain excess water.
3. Whisk garlic, lemon juice, olive oil, scallions, and ½ teaspoon of salt in large bowl. Add lentils, bulgur, chickpeas, parsley, tarragon, and celery.
4. Mix all ingredients together gently.
5. Add salt and pepper as desired.